

# THE MEASURE OF SELF-DISABILITY AND ITS RELATIONSHIP TO THE COGNITIVE BEHAVIOR OF SOME BASIC SKILLS OF YOUNG PLAYERS AGED (17-18) YEARS OF FOOTBALL

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## ABSTRACT:

*The objective of the research was based on the relationship between the self-disability measure of the players of the youth category (17-18 years) and the cognitive skill management of the clubs of Baghdad participating in the Iraqi Premier League football, to be relied upon by coaches in the results of the psychological numbers test. The research represented the youth football players aged (17-18) years, which applied them to the test of cognitive behavioral skill where the number of (250) players, and using the statistical bag ready (SPSS) for the scale, the researchers concluded from the study that there is a significant level of significance between the scale and behavior Cognitive Oryx The researchers recommended the use of the scale in the numbers of players psychologically for the game and in other relevant studies.*

**Keywords:** Scale - self-disability - cognitive skill management.

## INTRODUCTION

Access to higher levels of sports in all sports, whether a game (individual or team) requires physical preparation, skill and planning, as well as psychological preparation, which has certainly become a major role in the delivery of athletes to the higher levels of sports and achieve great results and achievements.

The psychological problems experienced by the athlete during training and competition are many and

can negatively affect his behavior, and self-disability is an important and essential element in the process of athletic achievement, therefore, workers in the field of training or education should benefit from all the

effects (ocean effects) ) That affect personality and human behavior and the degree of severity so that we can find appropriate solutions. However, this interest has made the specialists in the affairs of the game always seek to develop by raising the level of players in all respects, and an important thing that helps the individual and collective development in terms of

physical, skill, planning and mental is the psychological state of the player during the games. Sports psychology has emerged as the first science with a great influence in deciding excellence when physical, technical and planetary levels of sports converge. "The results of a recent study conducted on a large sample of qualified trainers (Rateb, 1995, page 18) showed that sports psychology is at the forefront of science to help the success of the trainer and improve the performance of the athlete." The game of football is characterized by a lot of variables and the speed of implementation and correct planning behavior towards those changing and diverse and multiple positions in order to become a player interacting with his surroundings during training or competition, and the player may get one of the disabilities that may prevent him from the game duties and roles required of him in the game, so The self-disability often negatively affects the psychological compatibility of the player, so the researchers in this research to find the relationship between the scale and cognitive behavior of the skills of football players for youth so that football coaches and specialists in psychological preparation through a scale To impede the self-knowledge of the psychological preparation of athletes to complete the number of player physically and psychologically Mharria. Cognitive learning involves the development of players' ability to use their physical abilities, motor and planning skills, and their psychological preparations, in accordance with competition requirements for individual or group solution of skill assignments. (Al-Mawla, 1990, p. 80) Solve different situations during the games, from a simple training the defender can automatically adapt to the correct observation (between the opponent and the target so that he can observe the ball and the opponent within the correct distance, as well as the attacker can practice playing the wall maneuvers So the process becomes automatic do not need to think about when applied in dissuading games, and thus can be emphasized that the acquisition of various tactical arts and can not happen without the training center and purposeful"

Here lies the importance of research in finding the relationship between the measure of self-disability Table (1)

Shows the clubs of Baghdad for the Premier League and the number of players and the survey sample, the main

and cognitive behavior of the skills of football players for young people and identify the subjective (psychological) of the players of Iraqi clubs and national teams, which leads to achieve good results in the game, which is consistent with modern play and upgrading in the reality of Iraqi clubs And the teams of youth football and here is determined by the problem of research in the knowledge of the psychological state of young football players and know their levels problem must be solved by measuring the self-disability of these young players from clubs and teams in Iraq, so the researchers found before the problem The lack of a measure of self-disability. The researchers considered the study of the problem by building a measure of self-disability, this study may contribute to solving the problem and perform the duties required in the game. And its positive reflection in raising the level (psychological and plans

In a study (Manhal 2014, p. 81) the researcher used the experimental approach with two groups of theoretical variables theoretical side planetary knowledge, tactical skills and plans play positions In the study (Faraj, 2017, p. 59) the researcher used the experimental method, which included a set of tests to measure the knowledge abilities of players in the theoretical side in cases of cognitive behavioral skill The aim of this study is to find the relationship between the scale and the skillful cognitive behavior of the young football players with ages (17-18 years) in football.

#### **MATERIALS AND METHODS:**

The researchers used the descriptive method (Mahgoub, p. 81) to suit the nature of the research.

The research community was identified youth players age (17-18) years for Baghdad clubs participating in the Iraqi Premier League football (385) players for the season (2018 - 2019) and the sample application (250), which applied the scale and test the behavior The cognitive skills included the scoring experience (8) players to see the validity of the scale and cognitive test and table (1) below shows the clubs and the number of players and the scoring sample, the main.

The main sample	Exploratory sample	the number	Name of club	sequence
21	1	35	the police	1
21	1	35	Weather	2
21	1	35	Zora	3
21	1	35	Students	4
21	1	35	Baghdad Municipality	5
22	-	35	Karkh	6
21	1	35	the border	7
21	1	35	Oil	8
22	-	35	Electricity	9
21	1	35	ELHussein	10
21	-	35	Electrical Industries	11
234	8	385	total summation	
66.779%	2.0779	100%	Their percentage of society	

In order to achieve the research objective, the researchers presented a questionnaire containing (20) questions containing (3-4) answers.

The researchers conducted the pilot experiment on a sample of (8) players, for the period (5/3/2019) and until (7/3/2019) After that, the initial scale image was applied to the sample of (250) players, for the period (9/3/2019) and until (28/3/2019).

## RESULT AND DISCUSSION:

After applying the cognitive behavioral test on the research sample, the results were obtained and statistically processed to facilitate the analysis process.

Table (2)

Shows the mean, median, standard deviation, torsion of the scale, and skillful cognitive behavior

Significance level	Torsion coefficient	standard deviation	Mediator	Arithmetic mean	Variables	sequence
moral	- 068	11.24363	154.0000	154.3200	the scale	1
moral	099-	3.73357	13.0000	13.0489	Cognitive Behavior	2

Table (3)

Shows the correlation coefficient between the scale and the skillful cognitive behavior

Statistical significance	The value of (t) is tabular	Calculated (t) value	Calculated value (t)	Statistical treatments	sequence
moral	2.04	154.0000	0.16	the scale	1
moral		2.74	0.12	Cognitive Behavior	2

Significant if the degree of (Sig) > (0.05) at the degree of freedom (84 - 2) = 82 and the level of significance (0.05)

Table (2) shows the mean, mean, standard deviation and torsion of the scale respectively (154.3200) (154.0000) (11.24363) (- 068) where the level of significance became significant while the mean, mean, standard deviation and torsion of the cognitive skill management respectively (13.0489) (13.0000) (3.73357) (- 099) where the significance level also became significant.

**CONCLUSIONS:**

Based on the results of the research, the researchers reached the following conclusions:

- Self-disability scale has a significant impact in developing the psychological readiness of young football players.

**ENDORSEMENT:**

In light of the findings and conclusions reached, the researchers made recommendations from them as follows:

- The need to use the measure (the measure of self-disability) for young players from youth clubs for football in order to determine the extent of their psychological readiness.

- Use the current scale to investigate the relationship between self-disability and some other variables among football players.

- Conducting similar studies by the researchers to standardize and determine the standard levels of the self-disability scale for football players and for different ages.

- Conduct qualitative lectures in sports psychology on football players for the purpose of awareness and guidance.

- The need to emphasize the sports clubs in the Central Iraqi Football Federation to use the measure of self-disability to develop and know the psychological aspect, which is one of the most important needs of football players to keep up with the game.

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**ANNEX (1)**

Shows the names of professors and experts specialized in psychology and football

Workplace	Jurisdiction	The name	The scientific title	sequence
University of Baghdad / College of Physical Education and Sports Sciences	Sports Psychology / Volleyball	Ali Youssef	Prof. Dr.	1
University of Baghdad / College of Physical Education and Sports Sciences	Kinetic learning / football	Mohammed abdul ELHussein	Prof. Dr.	2
University of Baghdad / College of Physical Education and Sports Sciences	Educational Psychology	athmar shakir majid	Prof. Dr.	4
University of Baghdad / College of Physical Education and Sports Sciences	Test and measure / football	asead lazim ali	Prof. Dr.	5

University of Baghdad / College of Physical Education and Sports Sciences	Sports Psychology / Volleyball	wasan jasim muhamad	Asst Prof. Dr.	5
University of Baghdad / College of Physical Education and Sports Sciences	Science of sports training / football	Yahya Alwan Manhal	Inst. Dr.	6
University of Baghdad / College of Physical Education and Sports Sciences	Science of sports training / football	wamid shamil kamil	Inst. Dr.	7
University of Baghdad / College of Physical Education and Sports Sciences	Science of sports training / football	muhsin ali	Mast Prof	8

**Annex (2)**

Shows the names of the supporting team

Workplace	Jurisdiction	The name	The scientific title	sequence
Anbar Education Directorate	Science of sports training / football	sahir muhamad hamid	Inst. Dr.	1
University of Baghdad / College of Physical Education and Sports Sciences	Science of sports training / football	Emad Kazem Khalif	Mast Prof	2